

YOUTH FIT Program Schedule

Days: Tuesdays and Thursdays

Time: 6:30PM-7:30PM

****Please be on time for drop-off and pick-up**

| <u>Tuesday</u> - <u>Location</u> Training | <u>Thursday</u> - <u>Location</u> Fun Runs |
|--|---|
| June 4 Betty Virginia | June 6 Stoner Marina Boat Launch |
| June 11 Betty Virginia | June 13 Ford Park |
| June 18 Betty Virginia | June 20 Bilberry Park |
| June 25 Betty Virginia | June 27 Hamers Park |
| July 2 Betty Virginia | **July 4 Firecracker 5K |
| July 9 Betty Virginia | July 11 Querbes Park |
| July 16 Betty Virginia | July 18 Southern Hills Park |
| July 23 Betty Virginia | July 25 Mamie Hicks Park |
| July 30 Betty Virginia | August 1 Betty Virginia |

* *Thursday Fun Run* locations can be viewed online at:

<http://www.redriverroadrunners.org/>

Come Have Fun With US



Ages

7-17 (Male and Female)

NOTE:

60 slots will be available on a first come basis.

Registration is required.

\$20 membership to the USA Track and Field Organization. Register online at www.usatf.org and bring the membership receipt to the orientation or fax it to

[Coach Armstrong at \(318\) 869-5145](mailto:CoachArmstrong@318.869.5145)

ORIENTATION MEETING

Tuesday, May 28, 2013

6:30pm

Betty Virginia Park



YOUth FIT



**Tuesdays & Thursdays
6:30 PM-7:30 PM**

What is YOUth FIT?

YOUth FIT provides children with skill and fitness instruction for successful Cross Country (distance/endurance) running. YOUth FIT believes that teaching the foundations and strategies for health and fitness associated with running is an integral part of a healthy lifestyle. Fundamental knowledge, skill development, proper progression, lead-up games and seminars provide YOUth FIT participants with an opportunity to emphasize development of Cross Country running skills and healthy lifestyles in a fun and stimulating environment.

Who Should Join?

YOUth FIT is the perfect program for any male or female, 7-17 years old, who has the desire to learn the fundamentals of endurance running, challenge themselves through exercise, learn about health and well-being, practice goal-setting, make new friends, prepare for track or cross country season, or simply get involved in a healthy lifestyle sport. All levels welcome!

- ◆ Shelley Armstrong, Ph.D., M.A.T, B.S.,
National Collegiate Athletic Association
(NCAA) Certified Head Cross Country Coach

Contact: (318) 820-2221 or
sarmstrong@centenary.edu

FIT & FUN



What happens on any given training day?

Tuesdays: YOUth FIT starts each training day with a group warm-up, stretching and move into fitness training which will include: plyometrics, drills, games, relays, trail or hill running, interval and endurance conditioning. After cooling down, **YOUth FIT** will provide a seminar on a health/fitness topic and hold a question-answer session and individual goal-setting assistance.

Thursdays: YOUth FIT fun runs ranging from 1 mile-5K. **YOUth FIT** participants will apply their training and goals to each run.

What is included in the sign-up fee?

The fee, which is a \$20 membership to the USA Track and Field organization, includes the following: Age-based coaching, ability-based group workouts, weekly training, health seminars, a training log, and participation in the 2013 Red River Road Runner summer fun run series (www.redriverroadrunners.org). Participants must register online at www.usatf.org (click on products/services then individual membership number and attach it to the YOUth FIT registration form)